



MyPyramid Audio Podcasts

Eating Out Tips

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, sharing tips you can use everyday to eat right and get active.

[Sound Effects: restaurant, glasses chinking, talking] Too many choices to make when you're eating out? Just follow these simple tips to make better choices at restaurants. When deciding what to order, consider lighter or healthier options and check the nutrition information if it's there. Just because you order a salad doesn't mean you're off the hook. Ask for the dressing on the side so that you only use as much as you really want. Cut back on extra-large restaurant portions by splitting an entrée or sharing a dish with a friend.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. Talk to you next time!